

ESH May Newsletter 2018

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ESH Newsletter - May, 2018



2018
DOE
MILE

May 1st, 2018

Race Start: 1:00pm

Pammel Dr. in front

of Ames Laboratory

Compete with other DOE national labs to see who has the highest participation & fastest times!

To register, e-mail
activeforlife@ameslab.gov

& United Way Ice Cream Social

Join us for ice cream and other desserts to thank you for supporting United Way.
No donations necessary!

1:30-3:00pm

301 Spedding

United
Way

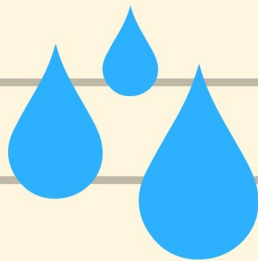


LIVE UNITED



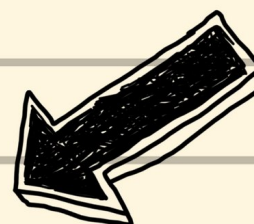
**A few months ago, a cooling water hose
was released from a fitting, causing a**

water leak that damaged carpet and ceiling tiles to the room below.



The Fix:

replace the hose and use worm gear hose clamps that offer more torque, preventing release from its fittings.



Ergo Tip of the Month:

GLOVE BOXES

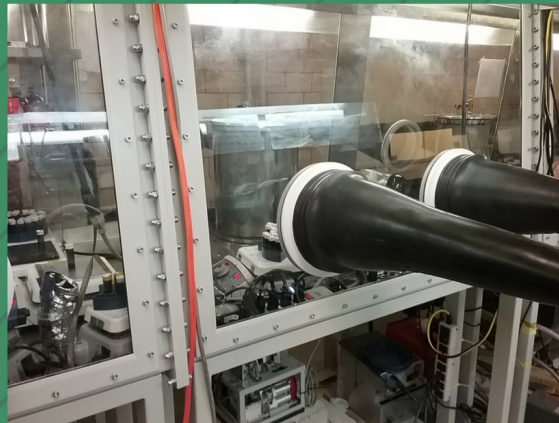
Glove boxes are in wide use in our laboratories. They are necessary and important for much of our research. However, the constraints of working inside a glove box can

also cause repetitive stress.

Check the height.

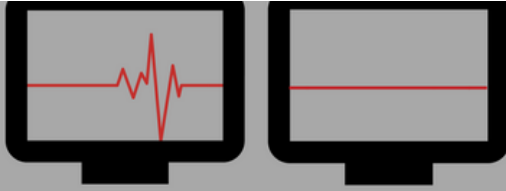
Doing a lot of work for a long time in the glove box may cause strain on your tissues and nerves which may lead to unnecessary pain.

If these are issues for you, look into either changing the height of the glove box, or, if that isn't feasible, consider a wide, sturdy raised platform.



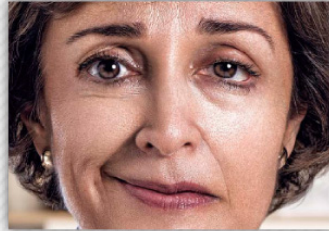
A stroke is when blood vessels in the brain called arteries are blocked, or burst





The consequences of stroke can be long-term disability and even death.

Knowing the signs of a stroke can help you save a life:



FACE

Look for an uneven smile



ARM

Check if one arm is weak



SPEECH

Listen for slurred speech



TIME

Call 911 at the first sign

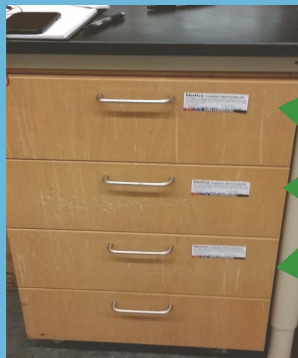
For more information visit: [American Stroke Association](#) or [Stroke Awareness](#).



NANOMATERIALS

NANOMATERIALS AND YOU

How to properly label your chemicals and laboratory spaces

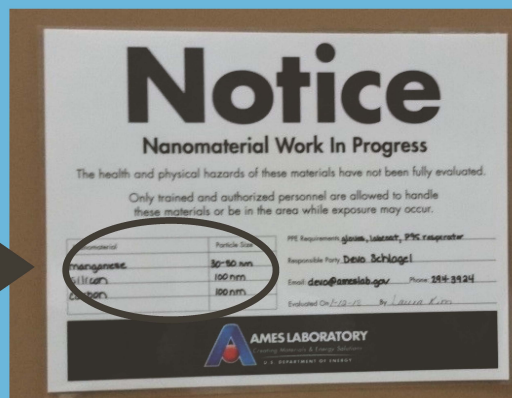


CORRECT



INCORRECT

Please remember to **FILL OUT** and post these Nanomaterial Work signs on the entrances to your laboratory(s) when your group is working with nanomaterials!



Nanomaterial	Particle Size	PPE Requirements
manganese	30-50 nm	gloves, labcoat, P95 respirator
silicon	100 nm	
carbon	100 nm	

Responsible Party: Denis Schlegel
Email: denis@ameslab.gov Phone: 284-3124
Evaluated On: 12-15 By: Lillian K. Lee

AMES LABORATORY
Creating Materials & Energy Solutions
U.S. DEPARTMENT OF ENERGY

**PLEASE VISIT ESH IN G40 TASf TO OBTAIN
NANOMATERIAL LABELS AND SIGNS**

May is Bike Month!
The Laboratory will be participating in the following

participating in the following ways:

Tuesday, May 15, 12-1pm, Lunch & Learn with Sarah Cady, Ames Bike Coalition, 140 TASF

Friday, May 18, 7-8am, Bike to Work Day! Fuel up with donuts at the TASF main entrance.

The Laboratory has performance requirements to meet in the area of reducing our greenhouse gas emissions, but we'd like for you to do your part as well, so the Environmental Management System Steering Committee, with the support of Executive Council, will be conducting monthly prize drawings for personnel who submit their "green trips".

Green trips can be defined as any trip where you choose to green your method of transport. This could be as simple as choosing to walk to campus town for lunch instead of driving, or riding your bike (while wearing appropriate safety gear) to work or the library.

Side effects may include, but are not limited to: additional minutes toward your Active for Life goal, less money spent on fuel, reduced vehicle maintenance, improved health and wellbeing, increased appetite and better sleep quality. Submit your green

Links: [Bike Month](#), [Lunch & Learn with Sarah Cady](#), [Submit your green tips](#)

WHEN YOUR BOSS SEE'S YOU



FORGOT TO WEAR YOUR GLASSES

IF TODAY IS "MAY THE 4TH
BE WITH YOU"



FORGOT TO WEAR YOUR GLOVES

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